

WABDL North American Bench Press and Deadlift Championships
Shilo Inn Portland, Oregon March 12, 2016

One Hundred Ten lifters participated in this one day event.

World Records set in the deadlift were set by Richard Rogers in Law/Fire 64/165# with 352.5, Alisha Howard in Law/Fire Submaster/198# with 462.7, Larry Vincent in 80-84/132# with 270, Cindy Shockman at 47-53/165 and open 165 with 490.5 at 159.6 – a tremendous lift. She has passed 4 drug tests and Alisha Howard has passed 3 drug tests. They are definitely along with Jane McCubbin, Karen Campbell, and Rebekah Schmidt, some unbelievable strong drug free women that are a huge credit to WABDL. In 75-79/165 78 year old Judy Madsen set a 242.5 World Record. She is trained by Dean Munsey. Travis McCormick popped a 784.7 World Record in both Open and Submaster. He has passed every drug test he took. In Submaster 148 in Double Ply Rodell Esteban set a World Record 452.8. Edwin Manmano from Hawaii set a State Record of 750.6 at 181.4 – a huge lift done easily! He was close with World Record 761.6.

Judy Smith Koch, the coach for the Washington School for the Blind had 12 blind athletes set World Records in Disabled 1 with the most prominent for men being Justin Naramor with 159.7 at 108# in the 13-19 Disabled 1. Damian Parra set a 220.2 World Record at 13-19 weighing 137.4. Among the women blind athletes Ella Donaghey pulled an amazing 225.7 at 122.8 and Alexann Tureman pulled 203.7 at 171.4. All of those lifts by the blind athletes were pulled raw.

In the Bench Press World Records were set by Freddie Evangelista in 61-67/165 with 424.2 in Single Ply, Joe Beteta 68-74/198 with 402.2 in Double Ply, Larry Vincent 80-84/132 with 204.8 in Single Ply. Both Freddie Evangelista and Larry Vincent are in the WABDL Hall of Fame. Other World Records in the Bench Press were set by Linda Gerking 47-53/220 with 231.2 in Double Ply, Gustavo Warrington who absolutely man-handled 755 at 247.4# for a Single Ply World Record in Open 259. The Elite Open World Record at 259 is Rob Gologano at 804.5. Gustavo really accelerated with the weight. Richard Rogers in Law/Fire 64+/165# set a World Record 253.5 in Single Ply. Alisha Howard who has a 485 World Record Deadlift in Submaster/198 set a World Record Bench of 319.5 in Law/Fire Submaster. Alisha also has the World Record in Submaster 198 with 348.1. Judy Smith Koch's Washington School for the Blind Team of Teenagers set 12 World Records in Disabled 1.

Other Benches of note were Joe Mickelson the Washington State Chairman with a 562 Washington State Record in Open and Master 54-60/Super and Melissa Zumwalt 363.7 in Open/Super. Willard Crossen III had a huge PR with a Washington Record 545.5 in both Submaster and Open 181#. He only weighed 174.8. Cindy Shockman benched 336 in 47-53/165 and Nadine Brack benched 264.5 in Open and Master 54-60/165 weighing only 157.

In Push Pull World Records were set by Eli Huizar Zuniga in Open 165 and Law/Fire Open in Double Ply with 705.2, Nadine Brack 606 in Open/165 and 54-60/165 Single Ply. Barry Kunkel posted 903.7 in Submaster/165 Single Ply. Other World Records in Push Pull were set by Joshua Koch in Junior/Super with 886.9 in Single Ply, Richard Rogers in Law/Fire 64+ posted 606. John Anthony in Single Ply did a Large 1090.9 World Record in 40-46/242. Joe Mickelson in 54-60/Super was above average with a World Record 1125.1 in Single Ply, Larry Vincent at 80-84/132 and who has the build of a

competitive body builder put together a 474.8 World Record. Debbie Rogers joined her husband Richard with a World Record of her own with 336 in 54-60/105#.

Best Lifters of the day in the Bench Press were Ray Segura in Class 1 Lightweight with 425.3 at 181.8, Uepati Tauti in Class 1 Heavyweight with 440.7 at 220, Jana Siede in Class 1 Women 214.7 at 222.4, Ella Donaghey 82.5 at 122.8 in Disabled Women, Joseph Pyle in Disabled Men with 457.2 at 270.8, Bill Splawn in Law/Fire with 363.7 at 256.8, Gustavo Warrington in both Open and Master Men 40-46 with 755 at 259, Alonzo Belen in Master 47-53 with 385.7 at 188.6, Larry Vincent in Master 54+ with 204.8 at 131.4 at age 80, Cindy Shockman in Master Women with 336 at 159.6 and Mason Nakamura in Teen Men with 270 at 145.6.

Best Lifters in the Deadlift were Zachary Freemantle in Class 1 Deadlift with a 545.5 at 197.2, Joni Patton was best lifter in Class 1 Women with 253.5 at 120.2#, Damian Parra did 220.2 at 137.4 in Disabled Men, Ella Donaghey did 225.7 at 122.8 in Disabled Women, Todd Olson in Law/Fire with 518 at 191.4, Oscar Martinez in Master 40-46 pulled 435.2 at 147, Tom Pennella in Master 47-53 pulled 650.2 at 257, Larry Vincent in Master 54+ pulled 270 at 131.4, Cindy Shockman in Master Women pulled 490.5 World Record and was Best Lifter in both Master and Open Women. Edwin Manmano from Hawaii was huge with 750.6 at 181.4 in Open Men. Travis McCormick set a World Record 784.7 at 245.4 for Best Lifter in Submaster. Kaison Uehara in Teen Men 12-15 pulled 303 at 121.6 and in Teen Men 16-19 Mason Nakamura pulled 435.2 at 145.6.

Best Lifters in Push Pull were Eli Huizar Zuniga in Law/Fire Open, with 705.2 at 162.6, Freddie Evangelista with 925.3 at 158.6 in Open and Master Men, Nadine Brack for all Women with 606 at 157#.

The Judges were Jim and Shawna Sheffield, Terry Luehrs, Dianna Sutton, and Gus Warrington. Christy McCormick and Christie Luehrs were the scorekeepers and Troy Pia was the Platform Manager.

The Sponsors were: Brian & Denise Welker of Welker Engineering, Dan and Suzie Simmons of Usana Health Products, Pete Alaniz of Titan Support Systems, Ken Anderson of Anderson Powerlifting, Shawn Madere of GLC Joint Products, Keith Lemm of CSS Photo Design, Reid Solar, Coby Washburn, David R. Smith, Matt Ogurek, Chet Groskreutz of Ivanko Barbell and Keith Sayles.

This was the last meet that Gary Thomas conducted weigh-ins and helped Elma Thomas with the computer and posted flights in the weigh-in Room. Gary was Weigh-in Room Supervisor for 117 meets from 1999-2016. He died June 6 at about 10:00pm. He was helping Elma prepare for the Phoenix meet on May 29 and Tiny Meekers meet on June 11th. He didn't quit until June 1st. Gary Thomas was the best, by far, Weigh-in Room Supervisor I ever saw. His calm demeanor, friendliness, and professionalism will never be matched again. A piece of WABDL has died with him.